metro
NEW YORK CITY NO. 1 FREE DAILY IN THE
Tuesday, April 19, 2016 metro.us | t: MetroNewYork | f: MetroNewYor

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Are you primed for the presidential primaries? 2

Don Cheadle does his finest Miles Davis. 30

Rangers vs. Penguins series shifts to NY. 35

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BUZZ OFF, ZIKA

New York City will implement a three-year, five-borough Zika action plan aimed at preventing the spread of the Zika virus across the city. 2

GETTY IMAGES

3 THINGS YOU NEED TO KNOW

NFL'S $1B CONCUSSION SETTLEMENT UPHELD BY U.S. APPEALS COURT

A federal appeals court on Monday upheld the National Football League's estimated $1 billion concussion settlement with retired players, calling the agreement imperfect but fair. A small group of players had objected to the deal, which was approved in April 2015 by U.S. District Judge Anita Brody in Philadelphia, because it did not cover potential victims of a degenerative brain disease that scientists have linked to repeated blows to the head. The settlement calls for payments of up to $5 million each to former players diagnosed with certain neurological disorders, but it does not address chronic traumatic encephalopathy (CTE), which some researchers say can be caused by concussions. REUTERS

SYRIAN OPPOSITION ASKS UN TO HALT PEACE TALKS

2 The mainstream Syrian opposition asked the United Nations to halt peace talks and rebels launched a new offensive against government forces, accusing the world body of bias in favor of President Bashar al-Assad. The opposition's coordinator at the Geneva talks, Riad Hijab, said earlier it was unacceptable for talks to go on if the government and its allies pushed on with sieges and bombing civilian areas, echoing criticism of government offensives elsewhere. Only three delegates met U.N. envoy Staffan de Mistura for talks on Monday, instead of the usual 15, after a letter signed by unspecified "armed revolutionary factions" said de Mistura and the government were trying to put forward "half-solutions." REUTERS

AMAZON OFFERS VIDEO STREAMING SERVICE AS MONTHLY SUBSCRIPTION

3 Amazon said it would offer its video streaming service as a monthly subscription as it looks to drive membership in its Prime bundle. Amazon Prime Video, which is the first service to be separated from the Prime service, will cost $8.99 per month, according to the company's website. At the same time, Amazon will offer its Prime subscription on a monthly basis for $10.99 per month. Current members of the Prime service, which includes access to music and faster delivery options, pay $99 per year. Netflix, which offers a similar video subscription service, could be hurt by the move, analysts said. "Amazon certainly has the brand name, the customer relationships, and the focus on high-quality consumer experiences to impact the growth in Netflix's U.S. subscriber base," RBC Capital Markets analysts said in a note. REUTERS

A voting booth in New York City. GETTY IMAGES

Presidential hopefuls battle for New York

New York's primaries are expected to be the most decisive in decades in the selection of the Republican and Democratic candidates for November's general election.

ANGY ALTAMIRANO
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New Yorkers will head to the polls on Tuesday in what some are calling one the most important primary elections in the 2016 presidential race.

Five candidates — Democrats Bernie Sanders and Hillary Clinton and Republicans Donald Trump, Ted Cruz and John Kasich — are battling it out on April 19 to come out the winner for their political party in New York.

According to national polls, as of Monday, Trump was leading the Republican Party with an average of 52.4 percent while Clinton holds onto the Democratic Party lead with an average of 53.5 percent of the votes, while Sanders has an average of 40.8 percent.

The candidate who wins the Republican Party vote in New York will have the chance to pick up some of the state's 95 delegates. To win the Republican nomination, a candidate needs a total of 1,237 delegates in their favor.

Currently, Trump leads the other candidates with an estimated 744 delegates earned, according to Reuters, Cruz comes second with 559 and Kasich has earned an estimate 144 delegates.

For the candidate who takes home the win in New York for the Democratic Party, they have a chance to grab part of the state's 291 democratic delegates. For the Democratic nomination, a candidate needs a total of 2,383 delegates.

Clinton leads in the party with an estimated total of 1,758 delegates earned, Reuters reported, while Sanders has an estimated 1,076.

According to Michael Krasner, a political science professor at Queens College and co-director of the Taft Institute for Government, the New York primary election is crucial for Sanders who needs the boost to continue strong in the race for the White House.

"This is really a make or break for [Sanders]," Krasner said. "If he loses New York, it becomes pretty much impossible, so this is really for all the marbles."

Republicans

95

NEW YORK REPUBLICAN DELEGATES UP FOR GRABS

Democrats

291

NEW YORK DEMOCRATIC DELEGATES UP FOR GRABS

3.2M

INDEPENDENT OR THIRD-PARTY VOTERS WON'T BE ABLE TO CAST BALLOTS

Poll info

Polls open at 6 a.m. and voters will have until 9 p.m. to head to their polling sites.

Only registered Democrat and Republican voters will be able to cast their vote. For information about polling, visit Votersedge.nyccfb.info.

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NYPD arrests suspect in Manhattan shelter homicide, Queens livery driver slashing

Police have arrested a suspect that they allege killed a homeless shelter resident on Friday before slashing a livery driver in a botched robbery on Saturday.

Authorities arrested William Smith, 53, in Astoria on Monday around 11 a.m., the New York Daily News reported, adding that he has yet to be formally charged.

Smith was first wanted for questioning in connection to a Friday morning homicide at 400 E. 30th St, the site of a homeless shelter where a man was found dead with a laceration to his neck, police reported.

On Saturday, Smith allegedly slashed a Queens livery cab driver shortly after midnight, police stated. During an attempted robbery, police said Smith slashed the neck of the driver but was unable to remove any property.

Police reported that they were able to retrieve Smith's wallet and cellphone from the scene of the livery cab slashing, and the driver was taken to Elmhurst Hospital in stable condition.

On Monday, police were able to catch Smith near the corner of 31st Street and Ditmars Boulevard in Astoria, where he was taken into custody in connection to the two slashings, according to NBC4.

Smith NYPD

"A box cutter or knife will kill the same as a gun."

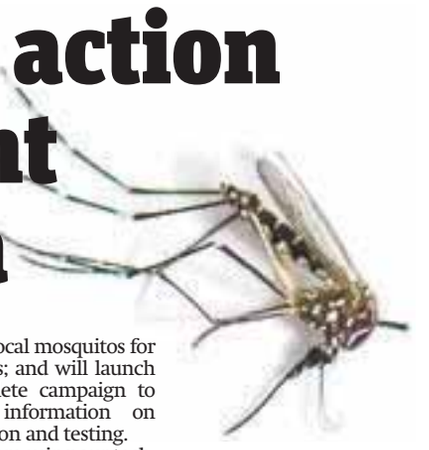
Mateo

Fernando Mateo, spokesman of the New York State Federation of Taxi Drivers, said in a statement that the growing use of slashing attacks on drivers is alarming, NBC4 added.

"A box cutter or knife will kill the same as a gun," Mateo was quoted by NBC4.

JASON NUCKOLLS

NYC launches action plan to prevent spread of Zika



The Zika plan focuses on three areas: clinical services, mosquito control and public awareness.

ANGY ALTAMIRANO
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letters@metro.us

Most New Yorkers welcome the warmer weather with open arms, but as temperatures rise, the city is making sure it keeps residents safe from some unwanted guests — that could bring with them a virus plaguing people all over the world.

Mayor Bill de Blasio announced Monday the city will be implementing a three-year, five-borough Zika action plan aimed at preventing the spread of the Zika virus across the city.

The plan builds on the Health Department's West Nile mosquito control program and will expand mosquito surveillance and control to identify and target any mosquitoes that could possibly transmit the virus.

"We are doing all we can to target the mosquito that could transmit Zika here in the city, and building the capacity to respond to every possible scenario, no matter how unlikely," de Blasio said. "We will spare no effort to protect pregnant New Yorkers from the devastating consequences of Zika, and we ask New Yorkers to help us by taking simple steps to get rid of standing water where mosquitos can breed."

The Zika virus is primarily spread to people through the bite of an infected mosquito. The most common symptoms are fever, rash, joint pain and red eyes. Although most people only deal with mild reactions to the virus, infection during pregnancy can cause serious birth defects.

According to officials, as of April 18 there have been 40 reported cases of Zika in New York City — six of these cases were pregnant at the time of diagnosis and all cases were contracted while visiting other countries. All patients have since recovered.

As part of the Zika action plan — which includes investments of $21 million over the three-year period including a match from New York State — the city will create capability to meet a growing need for testing pregnant women and local mosquitos for the virus; and will launch a complete campaign to spread information on prevention and testing.

"We are using our technical knowledge and experience to gather as much information as possible and to respond swiftly to this emerging situation," said Health Commissioner Dr. Mary T. Bassett.

The plan concentrates on three main areas: clinical services, mosquito control and public awareness.

Under clinical services the city is encouraging pregnant women who may have visited an affected area — which include parts of the Caribbean, Central America, South America and the Pacific Islands — while they were pregnant to get tested for the virus. The Health Department will also expand its capacity to trap, test and report any types of mosquitoes in the city and the viruses they may be carrying.

The city has also distributed travel advisory posters to over 1,000 health care providers, such as urgent care centers and OB/GYN practices, who come into contact with pregnant woman.

"There are a lot of unknowns around the Zika virus, but New York City is prepared to confront all possible scenarios."

Palacio

"New Yorkers' best defense against Zika is to avoid traveling to affected areas, talk to their doctor if they are concerned about having been infected, use mosquito repellent and remove standing water in and around their homes," Bassett said.

The plan also calls for mosquito control, because although the type of mosquito which has caused the Zika outbreak in South America has never been found in the city, a similar species does call the city home.

Starting this month and going until September, the city will monitor the mosquito population across the five boroughs. Any areas with higher numbers of the similar species will be targeted earlier and more often for mosquito reduction — which includes additional mosquito traps.

On Monday the city also launched a $1.2 million citywide awareness campaign, "Fight Back NYC," which will be found on buses, subways, television and radio, to inform New Yorkers of the steps they can take to prevent being bit by a mosquito.

NYPD officer appears to choke woman in video

In a recently posted video, an NYPD sergeant appears to be choking a woman on a city street.

The video, posted on YouTube, was captured from inside a passing car along Hester Street near Mulberry Street in Little Italy, the New York Post reported. In it, the officer appears to wrap his hand around the throat of a woman against a parked red car.

The 19-second video was originally posted last month but was reposted on Saturday and seems to have been shot by two people passing by the scene as it unfolded, according to the New York Daily News.

The NYPD has not yet commented on the video, according to the Post, which added that the circumstances surrounding the incident were not yet known. JASON NUCKOLLS

A screenshot of the video captured of the apparent choking. PROVIDED

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(SMILE)

The MTA said 7 and 2 train lines will see more service. FILE PHOTO

More service for two MTA subway lines

The additional service will begin implementation in the fall, and the schedule will be finalized in the coming months.

JASON NUCKOLLS
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letters@metro.us

The MTA plans to increase subway service on two heavily trafficked lines as ridership continues to increase.

In fall 2016, riders of the 2 and 7 lines will see increased service as the city plans to add more scheduled trains during weekend and evening hours, the MTA reported.

The increased service on the 2 line will amount to an additional 31 round trips on Saturdays and 18 additional round trips on Sundays, according to the MTA.

In 2015, nearly every station on the 2 line saw increased ridership, the MTA stated, adding that maintenance work on the 5 train makes the 2 train the only subway serving some northern Bronx neighborhoods such as Williamsbridge, Baychester and Wakefield.

31
MORE SATURDAY ROUND TRIPS ON THE 2 LINE

2
MORE ROUND TRIPS ON WEEKDAY EVENINGS ON THE 7 LINE

The 7 train's added service will include two more round trips on weekday evenings between 8 and 10 p.m., the MTA said.

"Our biggest challenge now is juggling our record ridership demand all week long while maintaining a system that stays open 24 hours a day, seven days a week," MTA NYC Transit President Veronique "Ronnie" Hakim was quoted in the MTA statement.

The additional service will begin implementation in the fall, and the schedule will be finalized in the coming months, the MTA added.

Skateboarder struck, killed in Queens by Parks Dept. truck

A Sunday afternoon collision outside Forest Park left an 18-year-old skateboarder dead as authorities continued to investigate.

Around 1:15 p.m. on Sunday, a New York City Parks Department truck hit a skateboarder leaving Forest Park near the corner of Forest Parkway and Park Lane South, police reported.

The teenager was rushed to Jamaica Hospital where he was pronounced dead, cops said, adding that the Parks Department driver, 37, remained at the scene after the collision.

The incident occurred less than 1 mile from the Forest Park Skate Park, the New York Daily News stated.

The scene of the incident GOOGLE MAPS

"I saw blood all over the ground but no wrecked cars, and it freaked me out because I've almost been hit at that intersection before," a nearby teen said to the Daily News.

An investigation is ongoing, according to police, which also stated that no charges have been filed. JASON NUCKOLLS

Prospect Park Zoo welcomes world's smallest fox species

Blink and you may miss the newest additions to the Prospect Park Zoo.

Two fennec foxes have made their public debut at the Brooklyn animal facility. Both males, the creatures came from the neighboring Bronx Zoo, according to the Wildlife Conservation Society, which oversees both places.

Fennecs are the world's smallest species of fox, and are the first ones to be exhibited at the Prospect Park Zoo.

The nocturnal animals only weigh on average less than four pounds and have a body length that ranges from 9 to 16 inches when they reach adulthood.

One of the new fennec foxes at the Prospect Park Zoo JULIE LARSEN MAHER

Their ears, however, are long when compared to the rest of their body, and can be up to six inches long. They help in hearing prey and regulating body temperature by dispersing heat.

Fennec foxes are native to the deserts of northern Africa, but to find them at the Prospect Park Zoo, visit its Hall of Animals, where they join saki and titi monkeys, dwarf mongooses, and various frogs and reptiles. CRISTABELLE TUMOLA

NOTICE OF PRESIDENTIAL PRIMARY ELECTION

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TUESDAY, APRIL 19, 2016

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COMMISSIONERS OF ELECTIONS

Ethiopian runners sweep the 2016 Boston Marathon

Boston saw two new winners this year.

MATT BURKE
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For years, predicting the winners of the Boston Marathon was simply a matter of selecting the correct Kenyan runner. Times have changed, and Monday it was the country of Ethiopia that stood tall.

Lemi Berhanu Hayle captured the 2016 men's title with a time of two hours, 12 minutes and 45 seconds, while Atsede Baysa won the women's race with a time of 2:29:19.

"I am very happy," Baysa told WBZ through a translator. "To win Boston is not easy. Even the name is very big."

Defending men's champ Lelisa Desisa, also from Ethiopia, could not keep pace with Hayle late in the race and finished second (47 seconds behind Hayle). Yemane Adhane Tsegay finished third, making it an all-Ethiopian top three in the men's field.

The next four men to finish were Kenyan and the first American to finish was Texas' Zachary Hine, who finished 10th (2:21:37).

Hine is originally form South Hadley, Massachusetts.

Baysa came from behind to edge fellow Ethiopian Tirfi Tsegaye by 44 seconds. Joyce Chepkirui, of Kenya, placed third in the women's race. Colorado's Neely Spence Gracey (2:35:00, ninth) and North Carolina's Sarah Crouch (2:37:36, 11th) were the first female Americans to cross the finish line.

Tatyana McFadden, from Maryland, won her fourth straight Boston women's wheelchair race.

Switzerland's Marcel Hug won the men's wheelchair.

Atsede Baysa and Lemi Berhanu Hayle celebrate their big wins Monday in downtown Boston at the finish line. GETTY IMAGES

Two runners make their way down the marathon route during the 120th Boston Marathon on Monday. DEREK KOUYOUMJIAN

Kurt Fearnley of Australia, Marcel Hug of Switzerland and Ernst Van Dyk of South Africa race down Boylston Street during Monday's marathon. GETTY IMAGES

Boston Marathon bombing survivor Patrick Downes (center), who ran the whole race on a running blade, reaches the finish line. GETTY IMAGES

Strength, tradition and Mark Wahlberg sightings

A mild Monday greeted runners in the 2016 Boston Marathon, as thousands hit the streets in the 120th installment of the race.

The occasion once again brought out the race-day rituals that make it a highlight of Bostonians' calendars and the unofficial start to spring: from the scream tunnel kisses and high fives to the surreptitious drinking and cheeky signs about joggers moving faster than the local subway.

Three years after the attacks that disrupted that tradition and wounded so many, the "Boston Strong" slogan appears to still have staying power. There it was, on countless T-shirts and signs again this year. A massive blue-and-yellow "Boston Strong" banner flapped in the wind at the Boston Harbor Hotel. Another one in paint greeted marathoners on a Commonwealth Avenue overpass.

Crews from "Patriots Day," the Mark Wahlberg movie depicting the events surrounding the bombings, were filming along the race route this year. Spectators spotted Wahlberg himself on race day surveying the crowds in his character's Boston cop outfit.

As promised, security was tight, and many fans found themselves waiting in long lines to get through checkpoints on sidewalks.

Many of the runners this year were survivors of the bombings. In one photo that made the rounds on Twitter Monday, survivor Patrick Downes at race's end embraced Bill Richard, whose son Martin died three years ago.

Other photos captured quintessential marathon moments, like when two runners draped the arms of a fellow marathoner over their shoulders and carried him past the Boylston Street grandstands.

By late afternoon, the last of roughly 30,000 runners were crossing the big blue line, draping themselves in space blankets and taking time to wind down. At least until training starts for Marathon 121. SPENCER BUELL

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NARRATOR (V.O.)
Over the past twenty years, zookeepers have been taking care of Susan. But even though they give her all the love she deserves, there's a void in her heart.

2 INT. TRUCK - DAY 2

A truck pulls over. A zookeeper helps Susan climb in.

NARRATOR (V.O.)
Twenty-two years ago, she was taken in by hunters. Her cellmate was another baby elephant. Together they learned to survive.

NARRATOR (V.O.) (Cont'd)
They were both being transported to be sold to a circus when a storm sunk their ship, killing almost every animal on board. Baby Susan was one of the few survivors.

3 INT. SANCTUARY - DAY 3

The truck arrives at a sanctuary and Susan is taken to a barn.

NARRATOR (V.O.)
As soon as Susan arrives at her new home she picks up a scent. Her heart throbs. Every hair on her body bristles. She looks around until she hears a noise. Susan sees another elephant. It's the friend she thought she'd lost forever twenty-two years ago.

Susan and her old friend run toward each other. They desperately try to open the steel gate that separates them.

NARRATOR (V.O.)
They roar and push, trumpeting and growling until they break the lock. Then, to the astonishment of everyone watching, they calmly rub against each other.

People look at the scene, speechless.

NARRATOR (V.O.)
An elephant never forgets, they say.

CUT TO BLACK.

THE END

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9 New York Tuesday, April 19, 2016

AP, Reuters and Broadway's 'Hamilton' among the 2016 Pulitzer Prize winners

The announcement at Columbia University marked the 100th anniversary of the Pulitzers.

The Associated Press won the Pulitzer Prize for public service for reporting on abuse in the seafood industry that helped free 2,000 slave laborers, and Reuters and The New York Times shared the breaking news photography award for images of the European refugee crisis.

The Pulitzer Board, in conferring the most prestigious honors in U.S. journalism and the arts on Monday, also honored the Los Angeles Times for breaking news reporting for its coverage of the massacre by Islamist militants in San Bernardino, California.

The AP's prize-winning "Seafood from Slaves" report was an investigation into the mistreatment of workers in Southeast Asia used to supply seafood to American supermarkets and restaurants. The coverage resulted in the freeing of 2,000 slave laborers and sweeping reforms, the board said.

The New York Times added two more in 2016, taking the prize for international reporting in addition to its photography award.

The Boston Globe, the Tampa Bay Times and The New Yorker magazine also won two awards each. In total, the board handed out prizes in 21 categories, selected from about 3,000 entries.

In the awards for letters, drama and music, the musical "Hamilton" by Lin-Manuel Miranda won for best drama. The Pulitzer board called the Broadway hit "a landmark American musical about the gifted and self-destructive founding father whose story becomes both contemporary and irresistible."

Lin-Manuel Miranda with the cast and creative team during the opening night performance of "Hamilton." GETTY IMAGES

Viet Thanh Nguyen won the fiction award for "The Sympathizer," an immigrant story about a "man of two minds" and two countries, Vietnam and the United States.

The board awarded the history prize to the T.J. Stiles book, "Custer's Trials: A Life on the Frontier of a New America."

The Reuters photo coverage of Middle Eastern migrants arriving in Europe was led from Greece by Yannis Behrakis, chief photographer for Greece and Cyprus and the Guardian newspaper's 2015 Agency Photographer of the Year.

The team captured a series of images of migrants crowded on flimsy sea craft and their first moments upon reaching Europe.

Some images showed families rushing ashore, flailing away in the water or collapsing on the beach. Others juxtaposed the rafters at sea with a cruise ship or a leaping dolphin or the setting sun.

The Reuters photo staff was named as co-winner for breaking news photography along with Mauricio Lima, Sergey Ponomarev, Tyler Hicks and Daniel Etter of The New York Times, also for their images of the migrant crisis.

The Tampa Bay Times and the Sarasota Herald-Tribune shared the 2016 prize for investigative reporting. The two Florida newspapers won for collaborative reporting on violence and neglect in the state's mental hospitals.

The Tampa Bay Times took a second Pulitzer, with three of its reporters being honored for showing the consequences of a school board turning some county schools in to "failure factories."

The prize for national reporting went to the staff of the Washington Post for developing a database on fatal police shootings and those likely to fall victim.

Alissa J. Rubin of The New York Times won in the international reporting category for her stories on the inhumane treatment of Afghan women.

The Boston Globe's prizes were in the feature photography and commentary categories, while The New Yorker took prizes for criticism and feature writing. REUTERS

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Houston deluged, transport snarled in Texas floods

Large parts of Texas were under a flash flood warning on Monday after a storm system dumped as much as 18 inches of rain in areas near Houston, causing hundreds of canceled flights, closed roads and massive power outages.

At least four people were killed, according to reports from the Houston Chronicle, from storms that have caused nearly 900 water rescues in the country's fourth-largest city.

The National Weather Service also issued a flash flood watch extending through much of central Texas, into western Louisiana and Arkansas.

Ed Emmett, the top political official for Harris County, signed a disaster declaration for the county that contains Houston after more than 1,000 homes flooded there.

Emmett told a news conference that 13 creeks and water channels designed for drainage had overflowed, causing floods that blocked roads to downtown and other parts of the city. Floods have also hit highways running through Houston, including Interstate 10, a major U.S. east-west corridor.

In Houston, more than 70 residential subdivisions reported flooding and Mayor Sylvester Turner canceled his State of the City speech planned for Monday, instructing all non-essential city employees to stay home.

"This is not the day to be on the roads in the city of Houston," Turner told reporters.

The city has turned one shopping mall into an evacuation center.

Hundreds of flights at major airports in Texas were canceled, according to tracking service FlightAware.com. REUTERS

Flash flooding and river flooding across the Houston area. FACEBOOK

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BRIEFS

White House: Michelle Obama to join husband on trip to Britain
First lady Michelle Obama will join her husband, President Barack Obama, for his trip to Britain later this week, the White House said on Monday.

The Obamas will attend a private lunch with Queen Elizabeth and her husband, Prince Philip, at Windsor Castle on Friday.

That evening they will have dinner with Prince William, his wife Kate, and Prince Harry at Kensington Palace, White House spokesman Josh Earnest said.

The president's trip comes as the British weigh whether or not to remain in the European Union in an upcoming referendum and as Obama completes his final year in office as president. REUTERS

Target increases minimum wage to $10 an hour: Sources
Discount retailer Target Corp. has started raising employee wages to a minimum of $10 an hour, its second hike in a year, pressured by a competitive job market and labor groups calling for higher wages at retail chains, sources said. Target management has informed store managers, who in turn have started informing employees about the wage hike and most employees who earn less than $10 per hour should see their base pay go up in May, two sources with direct knowledge of the situation told Reuters.

The $1-per-hour raise marks the second time Target has followed Wal-Mart Stores Inc. in raising base wages. It also comes as a union-led push for a $15 minimum wage. REUTERS

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BRIEF

Clinton says she would 'go further' than Obama on immigration if elected

Democratic presidential candidate Hillary Clinton said if she wins the White House she would go farther than President Barack Obama's executive action on immigration and would propose comprehensive immigration reform legislation within 100 days of taking office.

"I will do everything I can to protect the president's executive actions and go further to bring more people relief and keep families together," Clinton said in a statement.

Obama, who has seen many of his major legislative initiatives stifled by Republican lawmakers, has drawn Republican ire with his use of executive action to get around Congress on immigration policy and other matters including gun control and health care.

REUTERS

Immigration reform supporters rally outside of the Supreme Court on Monday. GETTY IMAGES

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Supreme Court appears split over Obama's immigration plan

The Supreme Court appeared closely divided on Monday as it weighed whether to revive President Barack Obama's plan to spare from deportation roughly 4 million immigrants in the country illegally, raising the possibility of a 4-4 deadlock that would block the program.

Based on questions asked during the 90-minute oral argument in a case that tests the limits of presidential powers, the court's four liberal justices seemed poised to back Obama while the four conservatives were more skeptical.

If the court is to avoid a 4-4 split, Chief Justice John Roberts could be the most likely member of the conservative bloc to join the liberals in voting to reinstate the program. One possible compromise outcome would be that the court could uphold Obama's plan while leaving some legal questions unresolved, including whether the government can provide work permits to eligible applicants.

4-4

THE COURT IS EVENLY DIVIDED IDEOLOGICALLY FOLLOWING THE FEBRUARY DEATH OF CONSERVATIVE ANTONIN SCALIA.

The court is evenly divided ideologically following the February death of conservative Antonin Scalia. A 4-4 split would leave in place a 2015 lower-court ruling that threw out the president's executive action, which bypassed the Republican-led Congress.

The case, one of the biggest of the court's current term ending in June, pits Obama against 26 states led by Texas that filed suit to block his immigration plan.

If the court does muster a majority to decide the case, it appeared the justices would resolve the merits of the legal claim instead of deciding it on the narrow procedural question of whether the states had legitimate grounds to sue. Texas said it had "standing" to sue because it would be hurt by the additional costs it would incur by providing driver's licenses to those who obtain legal status.

Roberts asked tough questions of the Obama administration on that point, but seemed less aggressive on whether the government had the authority to implement the program.

Conservative Justice Anthony Kennedy, who frequently casts the deciding vote in close cases, expressed concern that the administration had exceeded its authority by having the executive branch set immigration policy rather than carry out laws passed by Congress. REUTERS

Search and rescue workers on duty over the collapsed buildings in Pedernales, Ecuador, on the Pacific coast. GETTY IMAGES

Ecuador quake survivors relate harrowing tales, mourn the dead

The nation's worst quake in a decade killed more than 413 people, injured another 2,000, flattened buildings and tore apart roads along the Pacific coast.

During a terrifying five hours trapped in the rubble of her own restaurant, Filerma Rayo almost lost hope.

"I was yelling and yelling and then, at the end, I started to think I would die there," said Rayo, 33, as she nursed a crushed foot, pinned by a falling piece of cement when a 7.8-magnitude earthquake shook Ecuador on Saturday.

"It was my siblings who saved us, the rescue teams hadn't arrived yet," said Rayo, who runs a restaurant on the bottom floor of a now-shattered hotel in the worst-hit town of Pedernales, a rustic beach location on the Pacific coast.

Her three brothers and sisters, also from Pedernales, came looking for Rayo and her husband, who suffered head injuries, after the quake. Guided by her shouts, they managed to remove the rubble and pull her out around midnight, well before emergency crews arrived.

Nearly 100 neighbors in Pedernales were not so lucky.

They died when the earthquake struck, sending pastel-top floors crashing to the ground, punching holes in the facade of the church on the main square and obliterating a local hotel, its roof jackknifed and crumbling.

More than 600 people were treated for injuries at tents in the town's still-intact football stadium or were transported by ambulance or helicopter to regional hospitals.

Most of the corpses recovered were taken to the stadium and laid out under tents. Only four of 91 had not been identified by families. Wakes and burials were being quickly arranged.

Queues for supplies such as bottled water, blankets and food snaked along the stadium walls, as government and Red Cross workers rushed with aid supplies to the lush, hilly zone next to Pacific beaches.

Residents complained that a lack of electricity was keeping them from using mobile phones to contact loved ones.

Many lost all their possessions.

"There's nothing left of the houses and nowhere safe to stay," said housewife Betty Reyna, 44, who was keeping watch over a dozen members of her family as they slept under a gas station awning early on Monday.

Reyna, her daughter and son had travelled from the capital Quito in search of relatives when they heard about the destruction in her hometown.

They were able to find some family members but Reyna had still not seen her parents or other daughter, though she had made contact with them and knew they were largely unharmed. Her father, however, had suffered head injuries. REUTERS

"We're taking everyone back to Quito as soon as we can." Reyna

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Jerusalem bus blast wounds 16, Netanyahu hints at Palestinian link

Israeli security forces stand guard as firemen extinguish a burning bus following an explosion in Jerusalem. GETTY IMAGES

A bomb blew up a bus and set fire to another in Jerusalem on Monday, wounding 16 people in an attack that Israeli Prime Minister Benjamin Netanyahu linked to a six-month-old wave of Palestinian street violence.

There was no immediate claim of responsibility from any Palestinian factions for the blast. Israeli officials declined to assign direct blame.

They said two of the casualties had not yet been identified and may have been bombers.

Suicide bombings on Israeli buses were a hallmark of the Palestinian revolt of 2000-2005 but have been rare since. With Palestinians carrying out less organized stabbing, car-ramming and gun attacks since October, Israel has been braced for an escalation.

"We will settle accounts with these terrorists," Netanyahu said in a speech, referring to whoever executed the bus attack.

"We are in a protracted struggle against terror — knife terror, shooting terror, bomb terror and also tunnel terror," he added, speaking hours after Israel announced its discovery of an underground passage dug by Hamas militants from Gaza.

Police initially said they were looking at the possibility that a technical malfunction caused the fire that consumed two buses on Derech Hebron road, in an area of southwest Jerusalem close to the boundary with the Israeli-occupied West Bank.

But based on the wounds and other findings, authorities concluded that a small and possibly rudimentary explosive device was set off at the back of one of the buses. REUTERS

The New York City Police Department seeks a vendor for furnishing all labor and material necessary and required for renovation and upgrade of bathrooms and shower rooms at the 67th Precinct Station House – EPIN 0561680011 - Agency PIN 0561600001054. A mandatory pre-bid conference will be held 10:00 a.m., Thursday, April 21, 2016 at the 67th Precinct Station House, 2820 Snyder Avenue, Brooklyn, New York 11226. If you are interested, you may obtain a free copy of the bid package in 3 ways: (1) Online at www.nyc.gov/cityrecord, (2) In person, Monday – Friday, 9 a.m. – 5 p.m.at Contract Administration Unit, 90 Church Street, 12th Floor, Room 1206, New York, NY 10007, or (3) Contact Stephanie Gallop at (646) 610-5225. This procurement is subject to participation goals for MBEs and/or WBEs as required by Local Law 1 of 2013. This procurement is subject to the Project Labor Agreement ("PLA") entered into between the City and the building and Construction Trades Council of Greater New York ("BCTC") affiliated Local Unions. The bid due date is May 12, 2016 at 2:00 p.m.

Waitlist woes: What to do when your dream school defers you

Getting waitlisted is not the end of the world. ISTOCK

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After a grueling college application process, being waitlisted can feel like a lethal sort of limbo. After all, no one wants to be their dream school's sloppy seconds.

But being waitlisted isn't the end of the world — or, less dramatically, your college prospects. Jay Bacrania, the CEO and founder of college prep company Signet Education, gave us pointers on what to do.

Know the reasoning behind the waitlist

The common understanding of the waitlist is that it's for applicants who were close to acceptance, but didn't *quite* make the cut. That's certainly one factor, says Bacrania, but also consider that "a waitlist can be a yield management tool. [Colleges] can put a bunch of people on the list, then accept those who show further interest." That's because colleges are really focused on managing their yields, or the number of people who accept their acceptances, Bacrania explains.

Other reasons? A college might think it's your safety school, or want to give you a "soft letdown," which is basically the college saying, "We liked you, but we can't admit you."

Reach out — but be humble and sincere

You — not your parents, and generally not your college counselor — should reach out to the school directly to affirm your interest. However, proceed with caution.

"Any time you're communicating with a college admissions office, you have to keep in mind that whatever you do, everybody's doing that, and then think about the poor person on the other end who has to deal with it," says Bacrania. "You have to use a light touch."

Be succinct

You certainly want to update colleges on any compelling information, like stellar second semester grades or a new activity. But whatever you say should be limited to a page.

Bacrania suggests writing a letter to the admissions officer in charge of your geographic territory, and reiterating why you want to attend and are a good fit. "You want to do it only for your top school, because you want to be as honest as possible, and you're basically committed if offered a chance to attend," he explains.

Timing is everything

Emailing or calling an admissions office the day after you get the waitlist letter is a definite no-no. Avoid their busiest times, and it's not a bad idea to wait until late April or early May. Patience, grasshopper.

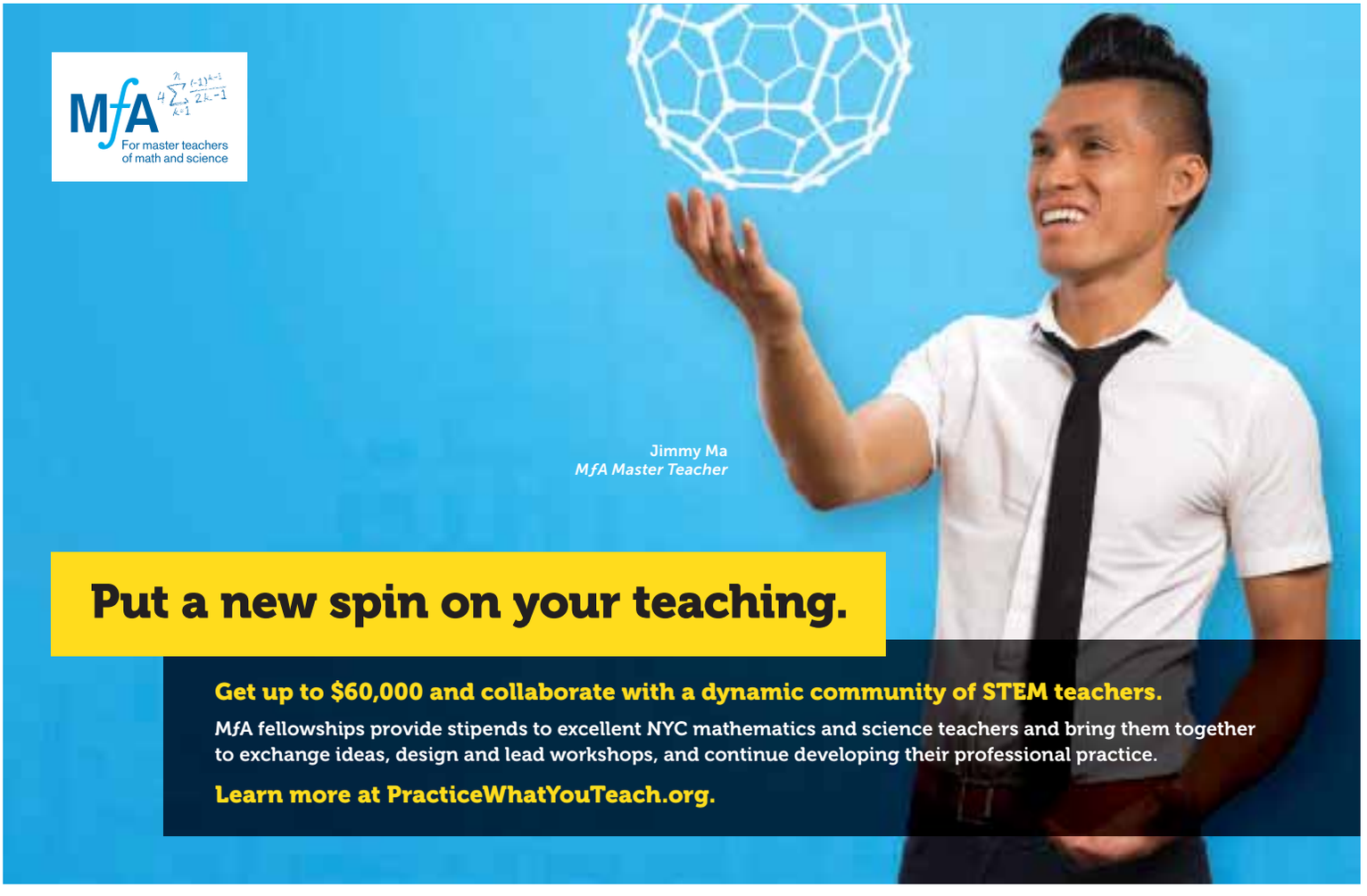
If you're thinking you need to do more, just don't

As much as you want to ensure that the odds are forever in your favor, less is more. Bacrania advises against sending extra materials, or cutesy gifts like cookies — they won't increase your chances of getting in, and at worst, brown-nosing stunts may rub admissions counselors the wrong way.

Meanwhile, get excited about your other options

College applicants who've set their sights on their dream school often suffer from I-only-have-eyes-for-you syndrome. Other options — good options — *do* exist. Evaluate them in terms of various factors, not just prestige.

"You might apply to one school for a particular program or a social element or a location," says Bacrania. "Think carefully about that college list. That's where you can have an impact on the whole process."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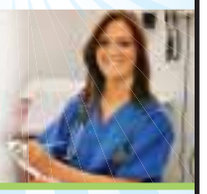

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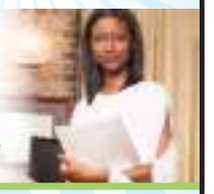

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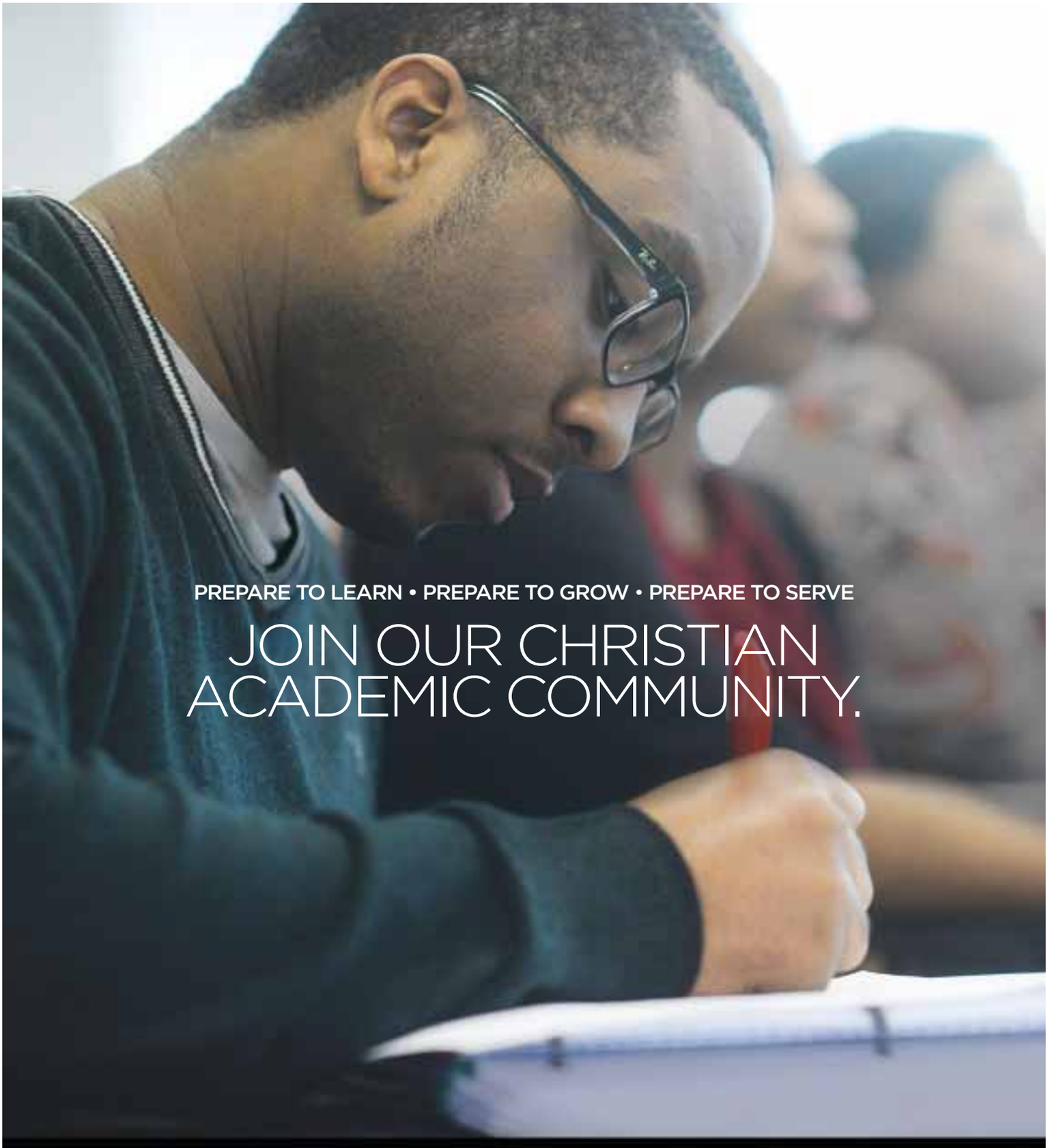
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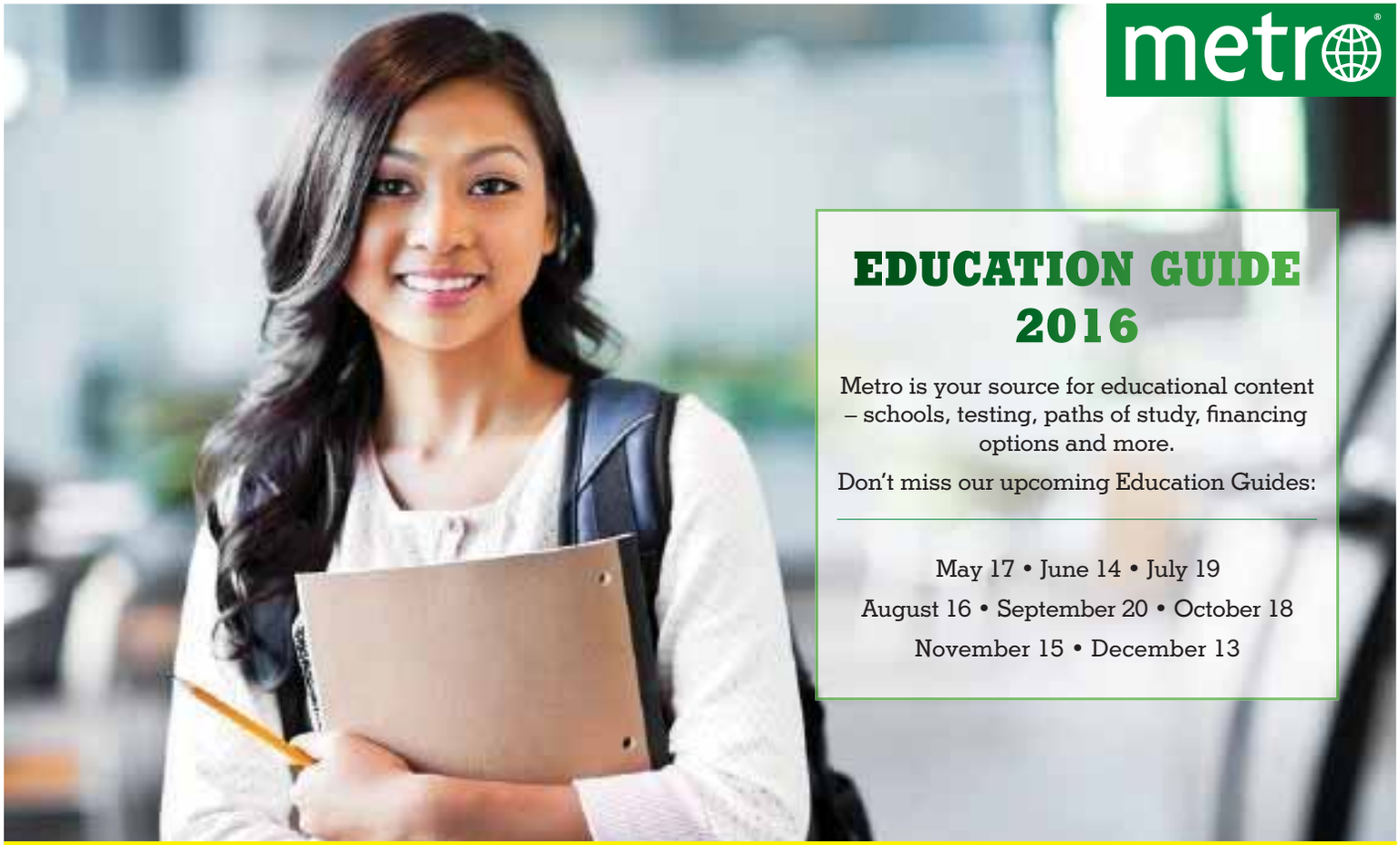

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Chrissy Teigen, John Legend welcome first daughter

ALL PHOTOS GETTY IMAGES

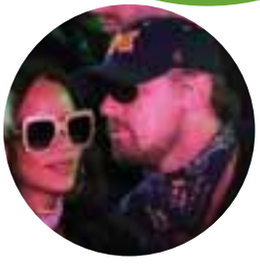
Well, it's finally happened: Chrissy Teigen and John Legend welcomed that daughter they've been on about, keeping everyone up to date throughout the course of Teigen's pregnancy. Little girl Luna Simone Stephens was born Thursday, coming in at 6 pounds, 11 ounces, according to an Instagram update from the couple Sunday. "She's here! Luna Simone Stephens, we are so in love with you! And sleepy. Very sleepy," Teigen said in a caption. During the course of the pregnancy, Teigen had caught flak for their decision about the baby's gender early on, a position she steadfastly defended. "I also picked the embryo with a taste for bacon, a knack for magic and size 7 feet so she can always find shoes," she joked back in February.

No jail time for Amber Heard in Aussie doggy case

Amber Heard is off the hook — sort of. The actress pleaded guilty to providing a false immigration document in her high-profile legal battle over her and husband Johnny Depp bringing their prize terriers into the country without permission while Depp was making more "Pirates of the Caribbean" movie magic. While Australian officials had initially talked a big game about throwing the book at Heard over the matter, the prosecutors eventually decided to drop the more serious, jail-threatening charges of illegally importing the animals.

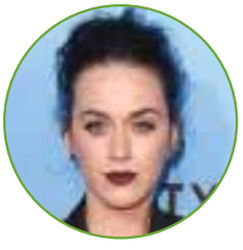
All Heard has to do now to be in the clear is pay a fine — of $1,000 Australian — and not commit any offense in Australia over the next month. Seems reasonable enough. Oh, and she and Depp did also have to record a terrifying, hostage-style apology video extolling the virtues of Australia's ecosystem. At least I think they had to do it, since it certainly doesn't look in any way voluntary.

Leo and Rihanna, at it again with the partying

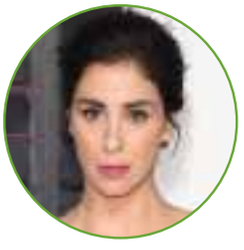


This weekend Rihanna and Leonardo DiCaprio hit up the same afterparty — Coachella's epic Neon Carnival — and were spotted hanging out, standing close, whispering in each other's ears. You know, the usual. And according to the rules of the Celebrity Gossip Industrial Complex, any time Rihanna and DiCaprio go to a party together, we are required to comment on it — even if it only happens every year or so. There are even photos of them together this time, which led to the awkward discovery that they both wear sunglasses at night, inside a massive party. That's not quite awesome. Oh, and DiCaprio's festival attire looks more like what he'd wear to Burning Man, but whatever. A desert shindig is a desert shindig.

@DalaiLama
The time has come for us to consider seriously how to change our way of life not through prayer or religious teaching, but through education



@katyperry
The most elevated, spiritual experience was had watching @Sia do her thing effortlessly, naturally. @coachella



@SarahKSilverman
I only change the kitty litter like once a week but in my defense I don't have a cat

Chris Hemsworth has an awkward chat with his daughter

With a 4-year-old daughter, India, and 2-year-old boy twins at home, Chris Hemsworth certainly has his hands full. But he wasn't necessarily expecting some of the more awkward conversations he's had to face already, as he explained to Ellen DeGeneres during an interview.

"My daughter is kind of envious of my boys at the moment," he explains. "She came to me the other day and she was like, 'You know, Papa, I want one of those things that Sasha and Tristan have.' I'm like, 'What do you mean?' She was like, 'You know, the things in between the legs that you have.'" Definitely a daunting daddy moment, that. "My brain's like, 'How do we handle this?' I was like, 'Girls have breasts.' 'I don't want breasts!' I was like, 'OK. Um ...' She goes, 'I really want one.' I was like, 'A penis?' She was like, 'I want a penis!'"

But Hemsworth was cool about it: "I was like, 'You know what? You can be whatever you want to be.' And she goes, 'Thanks, Dad!' Runs off to the playground and that was it. I'll have to pick that conversation up in a few years' time."

To 'Infinite Radness' (and beyond)

Tokyo Police Club gets satirical, spontaneous and serious on their new EP.

LINDA LABAN
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Tokyo Police Club's "Melon Collie and the Infinite Radness" dropped April 8. NICOLE FARA SILVER

It started with a smashed watermelon on the sidewalk. The tragicomic sight affected Tokyo Police Club bassist-vocalist David Monks, who paused to take a photograph.

"I don't know why it interested me, but I knew I wanted it as the cover for the EP we were working on," he says. "Then I showed it to the band and [keyboardist] Graham [Wright] said, 'Why don't we call the EP 'Melon Collie,' but with one L?'"

Thus the title to the Toronto-bred garage pop quartet's April-released EP, "Melon Collie and the Infinite Radness (Part 1)," was born — the name spoofing "Mellon Collie and the Infinite Sadness," the Smashing Pumpkins' alternative genre-defining mid-'90s album. "Part 2" will follow later this year.

But spoofing for the title is as far as joking around goes: Coming 10 years after the band's debut EP, "Melon Collie" sees them regrouping (guitarist Josh Hook and drummer Greg Alsop round out the band) on a creative level after each moved away from their Toronto home base.

"This is a snapshot of where we are as a band, of this new place we're in, spread out all over," says Monks. Not that any of these ideas were set out; they just happened.

"It came together pretty spontaneously," says Monks, who now lives in Brooklyn. "But lyrically, it's kind of serious. I usually write about love, heartbreak and guilt in a broad sense. But these songs are more refined, more specific. 'Not My Girl' is literally about a breakup I experienced. 'The Ocean' is about my family changing, and more complex relationships that develop."

Don't expect sprawling existential anthems a la Smashing Pumpkins, though: "I like the way there's a rawness to the tracks that contrasts with the seriousness in the lyrics," he explains. "The keyboard solo on 'The Ocean' is the same as the demo. There was no take two or take 50. Things usually get tested out on demos. Then you take those ideas and you build up for the recorded product.

"Rock 'n' roll is the illusion of things being out of control, but really it's very controlled in the studio," he continues. "A lot of hard work goes into making something look easy."

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Don Cheadle does right by Miles

With "Miles Ahead," the actor didn't want to give the jazz legend a boring biopic.

MATT PRIGGE
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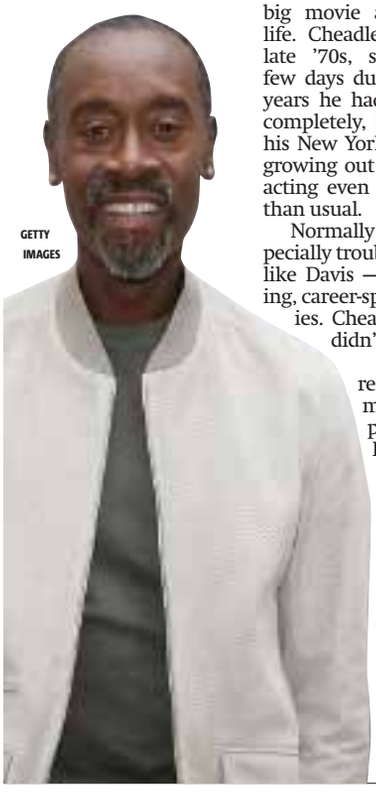
matt.prigge@metro.us

First off: No, Don Cheadle doesn't have a favorite Miles Davis record.

"It depends on the mood," the actor admits.



GETTY IMAGES

"There's so many in there. It's like different foods. They each have a different palate that satisfies."

Cheadle, 51, did know which part of the jazz legend's life he wanted to film, and it may be surprising, especially considering his film — the new "Miles Ahead," which the Oscar-nominated actor stars in, co-wrote and directed — is the first big movie about Davis' life. Cheadle picked the late '70s, specifically a few days during the five years he had quit music completely, holing up in his New York apartment, growing out his hair and acting even more erratic than usual.

Normally artists — especially troubled geniuses like Davis — get sprawling, career-spanning movies. Cheadle knew he didn't want that.

"He was relevant in music for 40-plus years. Each moment would have been given such short shrift," Cheadle explains. Over the years Cheadle had been pitched movies about Davis' life. "They felt like Cliffs Notes of his life."

Don Cheadle dons a shaggy wig and a red horn to play Miles Davis in "Miles Ahead," which he also co-wrote and directed. SONY PICTURES CLASSICS

Besides, Davis probably would have hated a standard, sleepy biopic. "I think he actually went on record about some movie he had seen done that way," Cheadle says. "He said, 'Eh, I hate that s—. Don't do that with me.'"

But "Miles Ahead" is also a wild, often free-form movie that's more speculative fiction than Wikipedia movie. Cheadle's Davis winds up joining forces with a dodgy Rolling Stone journalist (Ewan McGregor) to steal back some tapes, featuring his first recorded music in years, from a shady record label. Along the way, Davis periodically flashes back to the 1950s and '60s before snapping back to the present.

"I wanted it to feel like we're walking through a Miles Davis experience, rather than be something that was informational," Cheadle admits. He recalls visiting a Davis museum exhibit a few years back. "For the five year period [of no work], you walked into this dark space where the walls come in and it's very strange and tactile. You feel like you're inside Miles' brain. I wanted that feeling for the movie."

Avoiding being 'Kind of Blue'

"Miles Ahead" leaves a lot of even basic 101 info out of the movie, and even interrupts big hits — like "So What," off of his best known record, "Kind of Blue" — with deep cuts. Cheadle found he didn't always have access to some of his subject's biggest hits.

"You'd come across a track and say, 'I want to use that one.' They'd say, 'That's not actually written by Miles,'" Cheadle says, laughing, about how Davis would erroneously claim credits from collaborators, like Wayne Shorter. "Miles would change three or four notes in a tune then say it was his song. He was like, 'Hey, I gave you the room to do that, so my name's on it.'"

Cheadle found that sometimes a more obscure song would be just as cinematic. He also didn't stick to playing songs over the appropriate periods. "If I want to play something from '87 in 1958, I want to be able to do that," he says.

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5 Out-of-the-box wedding gifts

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EMILY LAURENCE
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Sticking to buying off a couple's wedding registry is always OK: Whatever you buy, it's something your soon-to-be-wed friends have preselected and therefore already want. But if you want to give your friends something truly one-of-a-kind, you won't find it listed on a big-box store registry. Etsy is, of course, the go-to for custom-made anything, so we asked Etsy's merchandising manager, Emily Bidwell, to share her top ideas for gifts a couple will truly treasure.

Custom dolls

"Another trend we are seeing are customizable dolls made to look like the couple," Bidwell says. "The cool thing about it is that the couple can add on to their collection as their family grows, like if they get a pet or have kids."

The sound waves read "I do." Seller: ArtsyVoiceprint; Price: $70+ for set of two, his and hers. **ARTSYVOICEPRINT/ETSY**

Sound wave art

Give your couple friends a print with a custom message that looks super, supercool. Take anything from a quote about love to the couple's wedding song or vows and get it turned into an art motif. Every sound creates a pattern of compressed airwaves, and the latest trend is to turn these patterns into art using digital technology to depict the sound waves. "It becomes really personal and something of an heirloom," Bidwell says.

Bonus: You can get this one engraved. $33.95+ **HOMEWETBAR/ETSY**

Copper everything

"People are shifting their Mason jar palettes over to copper," Bidwell tells us. She's seeing copper trending in all sorts of forms: lighting, dinnerware, pots and pans. Her picks for wedding gifts: copper barware like Moscow mule cocktail cups or high-end coffee equipment.

Ceramic homeware

Bidwell says people are really searching out products that don't look factory-made, and she's seen a rise in searches for ceramic homeware such as plate sets, vases and pitchers. "They want something that looks handmade, beautiful and unique," she says.

This ceramic serving bowl is handmade and truly authentic. Seller: DANUDesignerCeramics; Price: $39.05 **DANUDESIGNERCERAMICS/ETSY**

The perfect gift for your favorite science-geek couple. Seller: Sandraculliton; Price: $35+ **SANDRACULLITON/ETSY**

DNA mapping art

"A lot of people are doing [DNA test] 23andMe, so a great gift is to offer that and then a beautiful customized watercolor wall art print," Bidwell says. Seller Sandra Culliton, who studies science, takes genetic coding (included in the 23andMe results) and turns it into a genomic map.

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Directions:

1 Cook quinoa
Rinse quinoa in a fine mesh sieve. Place in a small saucepan with 1 ¼ cups water and a pinch salt. Bring to a boil, reduce heat to simmer and cover. Cook until quinoa is tender and water is absorbed, 15-18 minutes.

2 Cook bacon & boil egg
Meanwhile, cook bacon in a large skillet over medium heat, turning occasionally, until crisp, 5-7 minutes. Drain on paper towels and break into bite-size pieces; reserve fat and skillet. Place egg in a small saucepan and cover with 1 inch cold water. Bring to a boil, remove from heat and cover. Let sit, covered, 10 minutes. Peel under cool running water.

3 Char vegetables
Preheat broiler with rack in the top position. Place tomatoes on half of a rimmed baking sheet and toss with 1 tablespoon oil, broil tomatoes until they start to burst, about three minutes. Halve romaine heart lengthwise and place next to tomatoes. Drizzle with 1 tablespoon oil, return to the oven and broil until lightly charred, about four minutes. Let cool, then roughly chop lettuce.

4 Make dressing
Meanwhile, halve, peel and finely chop shallot. Return bacon fat to medium-high heat. Add shallot, season with salt and saute until translucent, about two minutes. Remove from heat and add vinegar. Halve lemon and squeeze into skillet. Season with salt and pepper and stir to combine.

5 Prep salad ingredients
Break comté into small pieces and pick parsley leaves from stems. Chop boiled egg.

6 Assemble & serve
Transfer quinoa to a platter and top with chopped romaine, charred tomatoes, comte, hard boiled egg, bacon and parsley. Drizzle all with dressing, a little olive oil, and season with salt and pepper. Enjoy!

Recipe

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Black Quinoa & Charred Romaine with Tomatoes & Bacon Vinaigrette

Black quinoa, like golden quinoa, is a great source of protein, but we love it even more for its delightful crunchy texture. In this salad, it gets topped with charred romaine (wait until you bite into something that is smoky and refreshing), blistered tomatoes and a bacon vinaigrette. Then we added diced comté, one of our favorite hard cheeses — it's both nutty and creamy. Cook, relax and enjoy!

Cooking time: 20-30 minutes
Attributes: pork
Calories: 705 kcal/person
Allergens: milk, egg
Added fat: 2 tbsp of oil

What we send
- ¾ cup black quinoa (5 oz)
- 3 oz thick cut bacon (3 slices)
- 1 pint Sungold tomatoes
- 1 romaine heart (8 oz)
- 1 small shallot (1-2 oz)
- 1 Tbsp rice vinegar (0.5 oz)
- 1 lemon
- 1½ oz comté
- fresh parsley (0.5 oz)

What you need
- olive oil
- coarse salt
- freshly ground pepper
- 1 large egg

Equipment
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Kate Moss swears by this beautiful body book

"Nourish" authors Amber Rose, Holly Davidson and Sadie Frost ALL PHOTOS PROVIDED

"Nourish" will make over your body from the inside out.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

It's easy to get wrapped up in one aspect of living a healthy lifestyle, like making it to the gym three times a week, or cutting out carbs. But personal trainer Holly Davidson says truly living a balanced lifestyle goes deeper than that: "It's not just about food. It's not just about exercise. It's very much about your mind, body and soul."

Davidson teamed up with her friends Amber Rose (a private chef) and actress Sadie Frost to write a book that encompasses exactly that. "Nourish" is a handbook — possibly the prettiest one ever — that gives women tips on eating well and exercising, but also having a healthy mindset and feeding their soul in other ways, such as all-natural beauty treatments, meditating and practicing making yourself a priority.

Fitness

Davidson tells us everything stems from the mind, including her area of expertise: fitness. "You could [look at] the fittest person in the gym and that person might very well have thought, 'I didn't want to go today. I have period pain. My gym bag isn't packed. Just forget it.'" Everyone has emotional blocks to overcome, which the book dives deep into how to overcome.

"Nourish" gives step-by-step fitness moves that can be done at home with very little equipment and personal goals to set while explaining how the results spill over into other areas of your life, like your sex life or stress level.

Food

Real women have families, invite friends over for dinner, crave pancakes on Sunday mornings and occasionally want a piece of cake. The recipes in "Nourish" reflect that. There are recipes for all the "healthy" foods you might expect such as smoothies and buckwheat oatmeal, but it also has recipes for coconut and banana pancakes, Japanese chicken and blackberry and rose cheesecake.

"What we eat greatly determines how we feel," Amber Rose writes in "Nourish." The recipes she uses are made with nutrient-dense foods, healthy fats and, of course, lots of fruits and veggies. "The idea that we can adapt what and how we eat to alter how we feel within ourselves is empowering," Rose writes in the book.

Soul

For her part, Sadie Frost is open about her past struggles with anxiety and depression and reveals what worked for her. Learning various breathing techniques and meditating transformed her. Frost shares how to do it, partially by including yoga for different moods, such as depression or anger.

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Getting through the work day while attempting to hide a digestive issue like bloating or diarrhea can get in the way of getting anything done — and be embarrassing. We asked Manhattan Gastroenterology's Kathlynn Caguiat for the most common complaints among her patients. Here's what she told us:

Tummy rumblings

Dr. Caguiat says tweaking your eating habits can quiet things down. "Cruciferous vegetables like broccoli, legumes, cauliflower and Brussels sprouts cause more gas, so you hear a lot more swishing in the belly," she says.

Of course these are also foods that are nutritious to eat, so the solution isn't avoiding them altogether. "If you aren't used to eating a lot of fiber in your diet, start slowly and work your way up to let your gut get used to it," she says.

Bloating and constipation

The best way to pinpoint what exactly is causing your bloating is to meet with a gastroenterologist, who can test for certain allergies. Also, experiment by cutting out certain foods you think might be to blame.

"Some people are allergic to fructose, which is in foods like apples and pears. Other people have problems digesting lactose, which is in dairy," Caguiat says.

Diarrhea

Having an intolerance, and not being able to digest what you're eating properly, can have this affect as well. "Lactose intolerance is one of the biggest conditions I see for bloating and diarrhea, and many people don't realize they are lactose intolerant," Caguiat says. To give your tummy a rest, she suggests the BRAT diet (bananas, rice, applesauce, tea and toast) to bulk up stool. Then, slowly introduce other foods back into your diet.

Experiment with your diet, cutting out certain foods like dairy or bread. ISTOCK

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Rangers have turned the tables as series heads to New York

The Penguins and Rangers enter Tuesday's Game 3 tied at one game apiece.

EVAN MACY
@evan_macy
evan.macy@metro.us

The Rangers seemed to get things back on track in Game 2. Can they keep it up as the series restarts tied at 1 at MSG? GETTY IMAGES

As bad as things looked for the Rangers following their Game 1 loss to the Penguins, things are sure looking up (with all things considered of course) heading into Game 3.

The squad got a solid 60 minutes from Henrik Lundqvist in Saturday's 4-2 win, who days earlier was out with an eye injury. They got four goals from their offense after a seemingly futile effort in Game 1's 5-2 setback. And — as is becoming an annual occurrence, they looked poised for another deep postseason run as things return to New York with the first-round Stanley Cup series tied at one.

"Good feeling to go home now, and then we get an opportunity to play at home," Lundqvist said Saturday. "I can't wait."

Neither can the Rangers faithful, who will be paying over $185 for a nosebleed ticket at Madison Square Garden Tuesday night at 7 p.m. (on USA).

Lundqvist and the defense, which finally had an answer for Sidney Crosby, Patric Hornqvist and company, could welcome their captain, Ryan McDonagh, to the fold in Game 3. The defenseman practiced Monday and while New York head coach Alain Vigneault said "stranger things have happened," the classification of McDonagh as doubtful instead of out is improvement.

Dan Giradi's status is also still unknown but the Rangers got solid play on the blue line from their replacements, Brady Skjei and Dylan McIlrath, both rookies and both looked comfortable on the ice in Game 2.

With the defense in flux, the Blueshirts hope they can get consistent scoring as the series continues. Five players have scored at least one of New York's six goals thus far.

Pointless Eric Staal, the Rangers' trade deadline acquisition, has been quiet since joining the squad, but the experienced Stanley Cup champion (with the Hurricanes in 2006) has scored in bunches in the past, and could be an X-factor back in New York.

"It will be more fun at MSG for Game 3," the veteran said.

"I'm glad I got this opportunity to join this group and now I want to make sure we make the most of it," Staal continued last weekend, via Newsday.

Stanley Cup Playoff, first round series overview

(Best of seven)

- **Game 1:** Penguins 5, Rangers 2
- **Game 2:** Rangers 4, Penguins 2
- **Game 3:** Penguins at Rangers, Tuesday at 7 p.m. on USA
- **Game 4:** Penguins at Rangers, Thursday at 7 p.m. on CNBC
- **Game 5** (if necessary): Rangers at Penguins, Saturday
- **Game 6** (if necessary): Penguins at Rangers, Monday
- **Game 7** (if necessary): Rangers at Penguins, Wednesday (4/27)

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Kevin Durant will be the big prize in NBA free agency this summer. GETTY IMAGES

Knicks need to be big players in free agency

New York desperately needs to give Carmelo Anthony some help.

TONY WILLIAMS
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The Knicks don't have to worry about the pesky playoffs as their season mercifully came to a screeching halt last week.

Team president Phil Jackson can now fix his eyes solely on the upcoming free-agent market and which targets to woo. His first order of business may be trying to convince some of his own talent in returning, led by Lance Thomas, who will be an unrestricted free agent and could cash in following a better-than-expected season after signing a one-year, $1.5 million deal last offseason. A hometown discount isn't out of the question.

But for the Knicks — and Knicks fans — they want to outsource the help, and acquire a big-name.

During his exit meetings, Jackson said he believes it'll be easier to sell prospective free agents on this franchise than last summer, when the team was coming off a 17-win season. Things looked awfully bleak then, and they had just drafted an unknown rookie which Knicks fans themselves booed — and cried — over. But flash-forward to this summer, and the Knicks are armed with salary cap space, they've improved by 15 wins, and that same rookie now appears to be on the verge of greatness.

Metro takes a look at a few names on Jackson's wish list.

1 Kevin Durant

One of the purest scorers the league has ever seen, no Knicks free agent wish list would be complete without the four-time scoring champ. Durant, who averaged 28.2 points per game, is surprisingly a forgotten man when the debate of best player in the league comes up, as he's lost some shine to Steph Curry, LeBron James and even his own teammate, the walking triple-double Russell Westbrook. With apologies to Carmelo Anthony and Kristaps Porzingis, Durant would be the unquestioned go-to option here. And the allure of finally being the alpha-dog in the alpha market could be a great lure. Keep in mind that when it comes to winning and making deep playoff runs, while a Durant-led Knicks squad won't be the team to beat, he'd at least have an easier road of getting to the Finals through the Eastern Conference. It's a long shot that Jackson lures Durant, but it's a shot he must take.

2 Mike Conley

He may be the best available free agent point guard, with apologies to Rajon Rondo. While Rondo is good buds with Anthony and would likely welcome the recruitment to New York, Conley is a better fit in the triangle offense.

3 Nicolas Batum

Just now hitting his stride, Batum, 27, is coming off a career year in which he averaged a career-high 15 points, to go along with six rebounds and six assists per game. He also shot a respectable 35 percent in 3s and added nearly a steal and block per game. Those may not scream must-have numbers, but if there's ever a fit for Jackson's triangle offense, it's Batum. The 6-foot-8 Frenchman is a diverse player who can play four positions effectively, including point forward in this offense.

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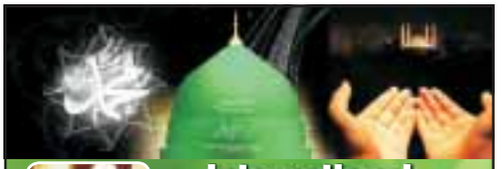

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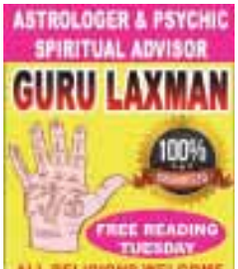

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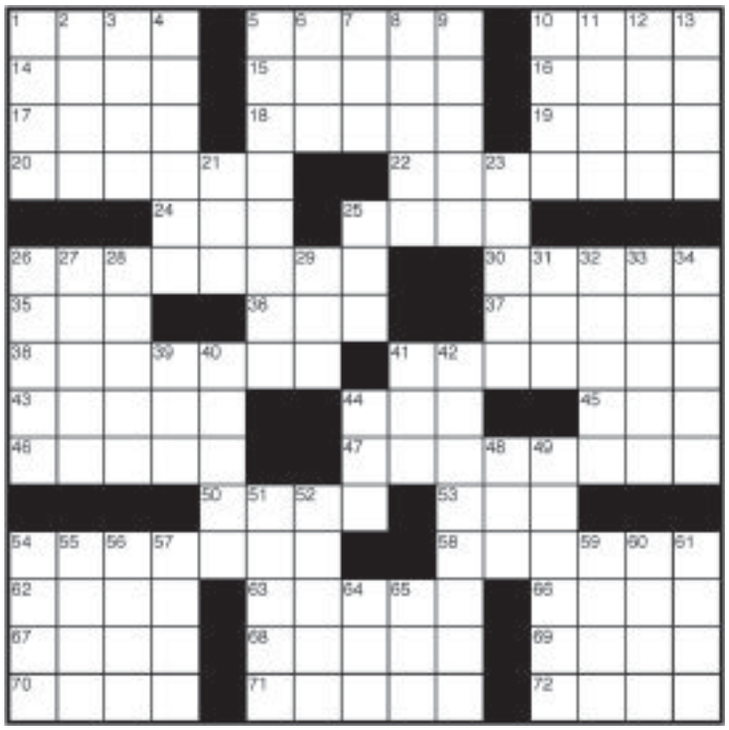

Across

1 Fermi split it
5 Trouser feature
10 Machine teeth
14 A kiss in Granada
15 Walkway
16 Eye shade
17 In need of a retread
18 Spy mission
19 NBA's — Monroe
20 Paramecium associate?
22 Alarmed
24 "Maggie May" singer
25 Comic-strip dog
26 Leaner
30 Came unglued
35 Electron loser
36 Old B'way posting
37 Diamond setting
38 It may be scarlet
41 Climber's gear
43 Prince Val's wife
44 That means —!
45 Suffix with stamp
46 Like the upper atmosphere
47 Bars
50 Howls at the moon
53 "— -Tiki"
54 Gander (hyph.)
58 Male attendants
62 Navy rival
63 Black-tie affairs
66 Face-to-face exam
67 Ex-PM Golda
68 Curie daughter
69 Mishmash
70 Early movie terrier
71 Grumpy moods
72 Iodine source

Down

1 "Mamma Mia" group
2 Kind of spirit
3 Norway's capital
4 Current
5 Seventh heaven
6 Untruth
7 PC button
8 On a glider
9 Doctrine
10 10-4 buddy
11 Viking name
12 Meditation guide
13 Talk up
21 — appetit!
23 Major artery
25 Incan treasure
26 Hindu lute
27 Sluggish marsupial
28 — circle or ear
29 Goof up
31 Objective
32 Hung open
33 Form a butte
34 They may be great
39 Did lunch
40 Getups
41 Wally of "Mr. Peepers"
42 Uproars
44 Da or ja
48 — Gatos, Calif.
49 Detach
51 Patronage
52 Be lovesick
54 Prayer-wheel turner
55 Buried treasures?
56 Pass over
57 Sedgwick of the screen
59 Whodunit name
60 Kind of road?
61 Spill or splatter
64 Luau welcome
65 Grasshopper's rebuker

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easy

4				5		1		
		1	2		7		9	
	7				4		8	
	6	7	1	9				
			5	8	6			
				7	3	5	1	
	1		8				2	
	2		7		9	6		
		5		2				3

hard

9	6			7	3		1	4
	2		8		9			
7				2				9
8		7						
	1						5	
						4		1
1				4				3
			7		5		9	
5	3		6	9			4	7

metro.us/horoscopes

Aries Put your money to good use. Invest in your skills and whatever will help you raise your standard of living. The benefits that follow will prompt new beginnings.

Taurus Concentrate on keeping up with fast-changing technology and knowledge. The better equipped you are to take on new projects, the more opportunities you will encounter.

Gemini Socialize, network and do your best to make a difference. Your work will put you in the limelight, so be sure to follow through with any promises you make.

Cancer Your astute and precise way of dealing with domestic and work-related situations will give you the edge if someone challenges your decision. Your instincts will not let you down.

Leo The less you complain, the easier it will be to finish what's expected of you. Then you can move on to activities that promise adventure and excitement with a clear conscience.

Virgo Sharing ideas will prompt a couple of crucial changes in a project that you are involved with. Don't take a backseat to someone who is all talk and no action.

Libra Impulsiveness will be your downfall. Don't give in to emotional whims or spend money you don't have. Discipline, fitness and a proper diet should be your goals.

Scorpio A lifestyle change will go part and parcel with a developing partnership. If you share your thoughts, you'll come up with a plan that will benefit everyone involved.

Sagittarius Sharing something special with friends, children or loved ones is favored. Don't venture too far from home. Delays while traveling are prevalent.

Capricorn If you are asked to deal with other people's affairs, take precautions. Your time will be better spent fixing up your personal space and making changes in financial security.

Aquarius You need to get back to basics and consider taking part in some of the activities you used to enjoy. A new look will result in a pumped up attitude.

Pisces Listen to people who have experience in a field that interests you. Gathering as much information as possible will help you find what works best for you. **EUGENIA LAST**

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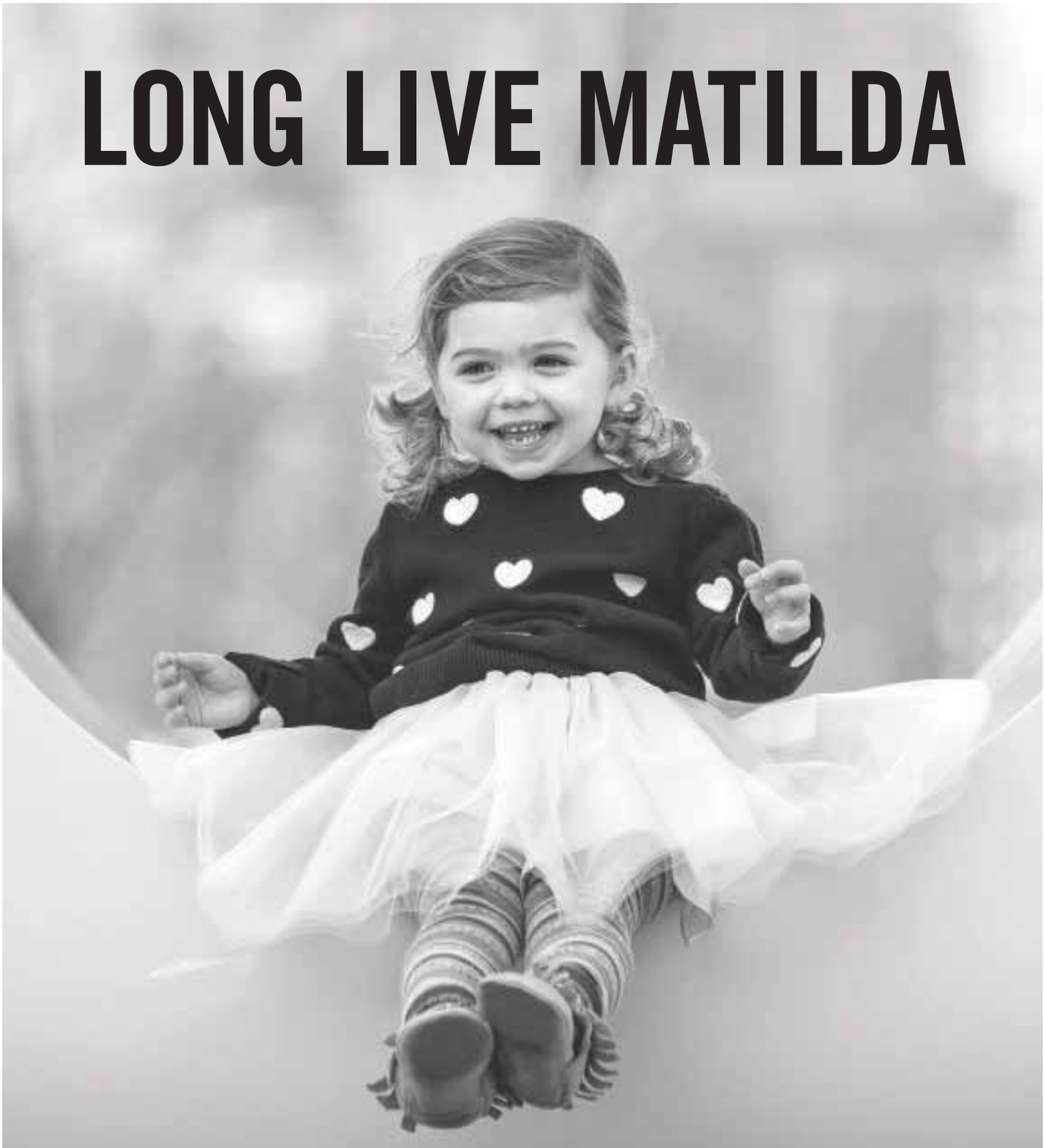

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